



Iris Tang Foundation
Empower. Connect. Support.



A Guide to Parent-Child Connection & Emotional Health

(Ages 3-5)



Emotional Safety & Co-Regulation



Strong connections today build confident, resilient children for tomorrow.

CONTACT INFORMATION

Email: admin@iristangfoundation.org

Website: <https://iristangfoundation.org>



Scan to visit our website!

D. ACTIVITIES & SUGGESTIONS



1 Activity Ideas

Big Emotions

- Ask: "What made you feel proud today?"
"What made your body feel upset?"
- Practice calming strategies together:
 - ✓ deep breathing
 - ✓ squeezing a pillow
 - ✓ sensory play
 - ✓ movement breaks



Facing Fears

Ask about:

- friends they played with
- something brave they tried
- situations that felt scary but manageable



Teach the "Pause" Skill

Practice: STOP → BREATHE → ASK FOR HELP



STOP



BREATHE



ASK



Build Calm-Down Routines

Create a calming space with:



books



stuffed animals



drawing materials



calming sensory items



breathing visuals



Helpful Phrases

- "I'm here."
- "You're safe."
- "Let's calm our body first."
- "It's okay to feel this way."
- "Let's try again."



Questions Parents Can Ask

- What made you happy today?
- What made you feel proud?
- Did anything feel scary or hard today?
- Was there anything frustrating today?
- What helped your body feel calm?
- What helps you feel safe?
- Who did you play with today?



E. RESOURCES IN WASHINGTON STATE (AGES 3-5)



Help Me Grow Washington

Website: <https://helpmegrowwa.org/>
Phone: 1-800-322-2588



Seattle Children's Mental Health Referral Service for Children & Teens

Website: <https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/>
Phone: 833-303-5437



Washington Health Care Authority – Child & Youth Behavioral Health Services

Website: <https://www.hca.wa.gov/billers-providers-partners/program-information-providers/child-and-youth-behavioral-health-services>
Phone: 1-800-562-3022



Parent Trust for Washington Children

Website: <https://www.parenttrust.org/>
Family Help Line: 1-800-932-4673



Changes Parent Support Network

Website: <https://waforall.wa.gov/pages/changes-parent-support-network-8a934475e8e849c38ffc1b4787b6159c>
Phone: 253-854-7779



South Sound Parent to Parent

Website: <https://www.ssp2p.org/>
Phone: 360-352-1126



Strong Start Washington / Developmental Screening Resources

Website: <https://doh.wa.gov/you-and-your-family/infants-and-children/health-and-safety/developmental-screening>
Phone: 360-236-3500



WE'RE HERE TO HELP!



You are not alone.
Every small step strengthens your child's emotional well-being.



Connection builds confidence.
Your love and support make a lasting impact.



Together, we can help children thrive!
Thank you for supporting your child's emotional journey.

RESOURCE TIP

If you are concerned about your child's development or behavior, reach out early. Support is available, and you don't have to navigate it alone.



With support, connection, and understanding—our children can grow, learn, and thrive.



PRIMARY GOAL

Help young children feel emotionally safe, connected, and supported while building early emotional regulation skills.



CONNECTION STYLE

- Play-based connection
- Warm, calm routines
- Emotional co-regulation
- Short, simple communication
- Predictable responses and reassurance



KEY SKILLS TO SUPPORT

- Naming emotions
- Learning routines and transitions
- Early frustration tolerance
- Social interaction and play skills
- Separation confidence
- Following simple directions



PARENT FOCUS

- Connect before correcting
- Model calm behavior
- Teach through repetition
- Build emotional safety and trust
- Reinforce effort instead of perfection



Think:

"My child borrows calm from me."



Keep Expectations Realistic

Children ages 3-5:

- are still developing their brain
- need repetition
- learn through parent modeling
- have limited impulse control
- struggle expressing feelings clearly



Parent Mental Health Matters

Children are strongly affected by caregiver stress. Parents do NOT need perfection. Children benefit most from:

- ♥ repair
- ♥ consistency
- ♥ emotional safety
- ♥ predictable responses



SECTION A: BEST PRACTICES FOR CONNECTION QUALITY



Quality Play Time

Dedicating focused time for play helps children feel secure, connected, and emotionally supported.



Positive Discipline

Using calm, supportive guidance instead of punishment helps children learn emotional regulation and safe behavior.



Emotional Coaching

Helping children identify emotions teaches emotional awareness and self-regulation.



Positive Phrasing

Using encouraging, simple language fosters cooperation and emotional safety.

Instead of:

- ✗ "Stop that."
- ✗ "Why are you acting like this?"

Try:

- ✓ "Let's try again."
- ✓ "Your body looks upset."
- ✓ "I'm here to help."



Connect Before Directing

Before giving directions:

- ✓ get physically close
- ✓ use eye contact
- ✓ say the child's name
- ✓ use a calm voice
- ✓ gentle touch if appropriate

Young children respond better to connection before correction.



Helping Children With Transitions

1 Give Warnings Before Transitions

Examples:

- "5 more minutes."
- "After this song, we clean up."



2 Use Short, Clear Directions

- ✗ "You need to clean up right now because we're already late..."
- ✓ "Clean up time."



3 Use "First → Then"

Examples:

- "First clean up, then story."
- "First pajamas, then books."



4 Give Limited Choices

Examples:

- "Brush teeth first or pajamas first?"
- "Blue cup or green cup?"



SECTION B: MY CHILD'S EMOTIONAL HEALTH

This section lists common emotional challenges and behavioral signs.



Anxiety

Noticing signs of worry, clinginess, separation distress, or excessive fear.



Withdrawal

Observing when a child pulls away from social interaction, play, or communication.



Mood Swings & Emotional Sensitivity

Identifying intense emotional reactions, frustration, or over-sensitivity.



Self-Acceptance

Encouraging confidence, emotional safety, and a positive self-image.

Fear & Avoidance Behaviors

Avoiding:

- sleeping alone
- separating from caregivers
- new activities
- social situations

may signal anxiety or emotional overwhelm.



Avoid saying:

- ✗ "You're fine."
- ✗ "Don't be scared."

Try:

- ✓ "I know this feels scary."
- ✓ "I'm here with you."
- ✓ "You were brave for trying."



Big Emotions



Young children often express distress through behavior rather than words. This may include:

- tantrums
- yelling
- crying
- aggression
- shutting down
- clinginess

COMMON WARNING SIGNS (Ages 3-5)

Key Pattern

Behavior is often the main signal because young children cannot fully explain emotions clearly.



Common Warning Signs

- Frequent intense tantrums beyond typical age expectations
- Extreme separation anxiety that does not improve over time
- Aggressive behavior such as repeated hitting, biting, or hurting others
- Little interest in play, interaction, or peers
- Excessive fear or worry much of the time
- Sleep difficulties or frequent nightmares
- Unexplained headaches or stomachaches
- Frequent emotional meltdowns
- Difficulty calming down after frustration
- Delays in social participation or communication
- Regression behaviors such as toileting accidents or increased clinginess

Parent Guidance

Pay attention to:

- sudden behavior changes
- prolonged emotional distress
- persistent aggression
- social withdrawal
- sleep disruptions
- ongoing fears interfering with daily life.



Young children often show emotional distress through behavior changes and physical symptoms rather than words.

Early support and consistent emotional connection can significantly improve outcomes.



SECTION C: TOP CHALLENGES



Making Friends

Building empathy, understanding social cues, sharing, and managing conflict are important early social skills.



Big Emotions

Recognizing and validating feelings like frustration, anger, disappointment, or sadness helps children feel safe and understood.



Managing Transitions

Moving between activities, routines, or environments may be difficult for young children.



Facing Fears

Encouraging bravery while validating fears helps children build confidence and resilience.



Frustration Tolerance

Children need practice tolerating: waiting, boredom, losing, disappointment, mistakes. Avoid rescuing too quickly. Small struggles help build coping skills.



Impulse Control

Young children often react before thinking and need repeated modeling and support.



Emotional Regulation

Children are learning how to calm their bodies, express feelings safely, and recover from emotional overwhelm.



Separation & Independence

Starting school, sleeping alone, or spending time away from caregivers may create anxiety during this stage.

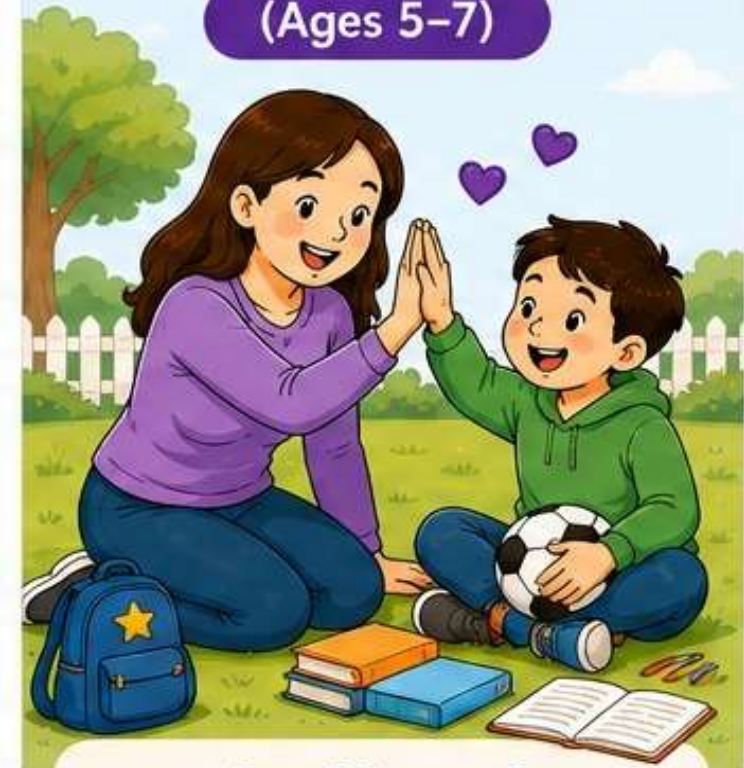


Iris Tang Foundation
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A Guide to Parent-Child Connection & Emotional Health

(Ages 5-7)



Confidence & Emotional Skills

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D. ACTIVITIES & SUGGESTIONS

1. Feelings Check-In Scale

5 — ANGRY "I feel mad!"	Take deep breaths, count to 10, and talk to someone about how you feel.
4 — FRUSTRATED "I feel stressed!"	Ask for a break, go outside for a walk, and take deep breaths.
3 — WORRIED "I have a problem and can ask for help."	Remember: all feelings are valid.
2 — SAD "I'm not feeling good."	Talk with someone you trust and ask for help.
1 — CALM "I feel okay and relaxed."	Feel proud that you are doing your best.
0 — HAPPY "I am doing great!"	Enjoy this feeling and share it with others.

2. Activity Ideas

Friendship Skills
Practice role-playing how to introduce themselves, share, solve disagreements, or include others in play.



3. Managing Frustration

Create a "calm-down toolbox" with breathing exercises, drawing, sensory items, movement, or quiet activities.



4. Teach the "Pause" Skill

Young kids often react before thinking.
Practice: STOP → BREATHE → THINK → CHOOSE



5. Positive Reinforcement Practice

Focus on process, effort, and recovery — not perfection.
Instead of: "Good job."
Be specific:

- ✓ "You walked away instead of hitting."
- ✓ "You kept trying even when it was hard."
- ✓ "You calmed your body before talking."



6. Helpful Phrases

- ♥ "Let's try again."
- ♥ "Pause first."
- ♥ "It's okay to feel this way."
- ♥ "I'm here with you."
- ♥ "You can do hard things."



7. Questions Parents Can Ask

- What was the best part of your day today?
- Did anything feel hard or frustrating today?
- Who did you spend time with at school or play today?
- What's something new you tried recently?
- What helps you feel calm when you're upset?
- What's something you're proud of learning lately?
- Was there a moment today when you felt nervous or brave?
- What helps your body feel calm and safe?

E. RESOURCES IN WASHINGTON STATE (AGES-7)



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Connection builds confidence.
Your love and support make a lasting impact.



Together, we can help children thrive!
Thank you for supporting your child's emotional journey.

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With support, connection, and understanding—our children can grow, learn, and thrive.

SECOND PAGE: KEY FOCUS



Primary Goal

Build confidence and early social-emotional skills.



Connection Style

- Conversations + guidance
- Encouraging independence through small choices
- Emotional coaching and co-regulation
- Positive reinforcement and predictable routines



Key Skills to Support

- Managing frustration
- Early problem-solving
- Friendship skills (sharing, empathy, teamwork)
- Emotional regulation and flexibility
- Confidence and willingness to try



Parent Focus

- Coach emotions ("name + guide")
- Reinforce effort and kindness
- Support school adjustment
- Teach coping skills and emotional tolerance
- Model calm behavior and emotional regulation



Think:

"Help my child feel capable and confident."



Website:
<https://iristangfoundation.org>

SECTION A: BEST PRACTICES FOR CONNECTION



Quality Conversation Time

Creating regular one-on-one conversations helps children feel heard, understood, and emotionally secure.



Encouraging Independence

Allowing children to make small choices and solve simple problems builds confidence and responsibility.



Emotional Coaching

Helping children identify and name emotions teaches emotional awareness and self-regulation.



Positive Reinforcement

Recognizing effort, kindness, persistence, and recovery from mistakes encourages healthy self-esteem and resilience.



Co-Regulate Before Correcting

When children are overwhelmed, their brain is not ready for teaching yet.

Instead of:

- ✗ "Calm down!"
- ✗ "Stop crying!"
- ✗ "You're overreacting."

Try:

- ✓ "I'm here."
- ✓ "Your body looks really upset."
- ✓ "Let's calm our body first."

! Connection first, teaching second.



Keep Expectations Realistic

Children ages 5-7:

- still struggle with impulse control
- need reminders repeatedly
- learn through repetition and modeling
- borrow regulation from adults



Your Calm Matters

Children learn regulation from adults' nervous systems.

You do not need to be perfect.

A calm, predictable response helps children feel safe enough to regulate.



SECTION B: MY CHILD'S EMOTIONAL HEALTH

This section lists common emotional challenges and behavioral signs:



Anxiety

Worry about school, friendships, separation, sleeping alone, or trying new activities.



Social Withdrawal

Avoiding peers, group activities, speaking situations, or becoming unusually quiet.



Emotional Overreaction

Strong reactions to disappointment, criticism, transitions, or unexpected changes.



Self-Confidence Challenges

Negative self-talk, fear of failure, comparing themselves to others, or avoiding challenges.

Fear & Avoidance Behaviors

If a child avoids:

- speaking
- sleeping alone
- trying activities
- separating from parents

...the brain may begin learning:

"Avoiding keeps me safe."



Avoid saying:

- ✗ "There's nothing to worry about."
- ✗ "You're fine."
- ✗ "Don't be scared."

Try:

- ✓ "I know this feels scary."
- ✓ "You were nervous AND you still tried."

The goal is:

- emotional tolerance
- flexibility
- confidence
- coping skills
- willingness to try despite fear

Common Warning Signs (Ages 5-7)

Key Pattern

Emotional, behavioral, and early school-related difficulties often appear together during early school age.



Common Warning Signs

- Excessive worry about school, teachers, or friendships
- Avoiding social interaction, group activities, or play
- Difficulty managing frustration or frequent meltdowns beyond age expectations
- Attention, focus, or impulse-control difficulties
- Frequent mood swings or emotional sensitivity
- Refusal to go to school or separation difficulties
- Declining school participation, motivation, or classroom engagement
- Increased avoidance of new situations or challenges
- Sleep difficulties, clinginess, or regression behaviors
- Negative self-talk such as: "I can't do it." • "Nobody likes me."



Parent Guidance

Pay attention to:

- sudden behavioral changes
- ongoing emotional distress
- school avoidance
- social withdrawal
- persistent frustration or emotional outbursts



Early support, predictable routines, emotional coaching, and collaboration with teachers can significantly improve outcomes.



SECTION C: TOP CHALLENGES



Friendship Skills

Children ages 5-7 are learning cooperation, empathy, teamwork, sharing, and conflict resolution.



Managing Frustration

Learning how to calm down, express feelings appropriately, and recover from setbacks.



Academic Pressure

School expectations may create stress around reading, learning, or performance.



Fear of Mistakes

Children may avoid challenges because they fear embarrassment or failure; encouragement and gradual exposure help build confidence.



Handling Changes & Transitions

Children may struggle with transitions such as starting school, changing routines, moving between activities, or adapting to new environments. Predictable routines and preparation can help reduce stress and build emotional security.



Building Confidence & Independence

At this age, children are developing self-confidence and learning to do more independently. Encouraging problem-solving, decision-making, and celebrating effort helps children feel capable and resilient.



Impulse Control

Young children often react before thinking and may need repeated guidance and modeling to pause and make thoughtful choices.



Emotional Regulation

Children are still learning how to identify emotions, calm their bodies, and express feelings safely and appropriately.





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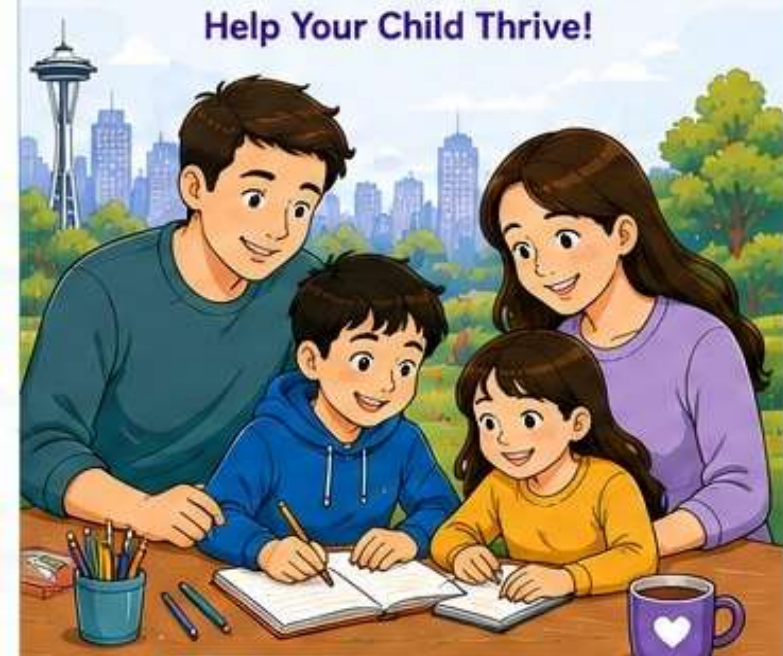


A Guide to Parent-Child Connection & Emotional Health

(Ages 8-12)

Understand • Support • Encourage

Help Your Child Thrive!



Strong connections today build confident, resilient kids for tomorrow.



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Website: <https://iristangfoundation.org>



E: WARNING SIGNS (AGES 8-12)



KEY PATTERN

Children ages 8-12 often begin showing emotional struggles through a combination of:

- emotions
- school performance
- behavior
- physical symptoms
- friendships



IMPORTANT PRINCIPLE

Look for patterns that are:

- intense
- lasting several weeks
- affecting daily life at home, school, or relationships



SIGNS A CHILD MAY NEED EXTRA SUPPORT



Frequent worries or sadness

Ongoing fears about school, friendships, mistakes, family concerns, or daily activities.



Sudden changes in mood or behavior

Becoming unusually emotional, withdrawn, angry, or acting differently than usual.



Trouble sleeping or concentrating

Difficulty falling asleep, staying asleep, frequent tiredness, or trouble focusing at school.



Withdrawal from friends or activities

Losing interest in hobbies, sports, social activities, or spending time with friends.



Increased irritability or anger

Becoming more easily frustrated, argumentative, or having stronger emotional reactions.



Physical complaints without medical cause

Frequent headaches, stomachaches, nausea, or other symptoms without clear physical explanation.



Declining school performance

Sudden drops in grades, reduced participation, missing assignments, or avoiding school.

ADDITIONAL WARNING SIGNS

- Increased sensitivity to criticism
- Excessive perfectionism or fear of mistakes
- Persistent low self-confidence
- Avoidance of new experiences
- Increased conflict with peers or family
- Significant changes in appetite or energy
- Excessive screen use as a way to avoid emotions
- Talking negatively about themselves



Emotional concerns at this age often appear through behavior, friendships, school performance, and physical symptoms—not just words.



PARENT GUIDANCE

Pay attention to:

- sudden personality changes
- prolonged sadness or anxiety
- school avoidance
- ongoing social withdrawal
- persistent physical complaints
- noticeable changes in sleep or behavior

Early support and open communication can significantly improve emotional well-being and long-term outcomes.



F: WHAT PARENTS CAN DO



Listen without immediately judging, lecturing, or solving

Children are more likely to open up when they feel heard.



Stay calm during emotional conversations

Strong emotions often require calm support rather than immediate solutions.



Validate feelings, even when setting limits

Instead of: ❌ "You're overreacting."

Try:

- "I understand this feels really hard."
- "Your feelings make sense."
- "We can figure this out together."



Encourage healthy routines

Support:

- adequate sleep
- physical activity
- balanced nutrition
- regular routines
- breaks from screens



Support independence while maintaining connection and structure

Provide opportunities for decision-making while maintaining clear expectations and boundaries.



Focus on communication, not control

Respectful conversations often strengthen trust more effectively than power struggles.



Praise effort, responsibility, and resilience — not perfection

Examples:

- "I noticed how hard you worked on that."
- "You kept trying even when it was difficult."
- "I'm proud of your responsibility."
- "You handled that challenge with courage."



Helpful Reminder

Connection first.
Guidance second.
Children still need support even when they appear independent.



G: RESOURCES IN WASHINGTON STATE (AGES 8-12)



Kids Mental Health Washington

Website: <https://kidsmentalhealthwa.org/>



Seattle Children's Mental Health Referral Service for Children & Teens

Website: <https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/>

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SECTION A: BEST PRACTICES FOR CONNECTION



Active Listening

Giving children uninterrupted attention and validating their thoughts helps build trust and emotional safety.



Encouraging Responsibility

Providing age-appropriate responsibilities and allowing natural consequences supports independence and accountability.



Open Emotional Communication

Encouraging children to talk about emotions, friendships, and school experiences strengthens emotional intelligence.



Growth Mindset Support

Praising effort, persistence, and problem-solving instead of perfection helps children build resilience and confidence.



SECTION B: MY CHILD'S EMOTIONAL HEALTH

This section lists common emotional challenges and behavioral signs:



Anxiety & Stress

Concerns about school performance, friendships, family expectations, or social acceptance.



Social Isolation

Avoiding social activities, difficulty maintaining friendships, or feeling left out.



Emotional Sensitivity

Strong emotional reactions to criticism, conflict, disappointment, or peer interactions.



Low Self-Esteem

Negative self-comparisons, fear of failure, or believing they are "not good enough."



SECTION C: TOP CHALLENGES



Peer Relationships

Children ages 8-12 begin navigating more complex friendships, social dynamics, teamwork, and peer pressure.



Emotional Regulation

Managing frustration, disappointment, embarrassment, and anger becomes increasingly important during this stage.



Academic & Performance Pressure

Increased school expectations and extracurricular demands may contribute to stress and anxiety.



Digital & Social Media Influence

Exposure to online content, gaming, and peer communication may affect confidence, mood, and social development.



Building Self-Identity

Children begin developing a stronger sense of identity, personal values, and self-image. Supportive conversations and encouragement help children feel secure and confident in who they are.



Handling Conflict & Bullying

Peer conflicts, teasing, exclusion, or bullying may become more common during this stage. Teaching communication, empathy, and problem-solving skills helps children navigate difficult social situations.



Managing Change & Uncertainty

Changes in school routines, friendships, family situations, or life transitions can create stress and emotional discomfort. Consistency and open communication help children feel supported.



Balancing Activities & Rest

As schedules become busier with school, sports, extracurricular activities, and technology use, children may struggle with stress, fatigue, or feeling overwhelmed. Healthy routines and downtime are important for emotional well-being.



SECTION D: ACTIVITIES & SUGGESTIONS

Activity Ideas

Peer Relationships:

Practice discussing how to handle disagreements, peer pressure, or misunderstandings with friends.



Emotional Regulation:

Encourage journaling, drawing, sports, mindfulness, or movement activities to process emotions in healthy ways.



? Questions Parents Can Ask

- What was something challenging for you today?
- Did anything make you feel stressed or uncomfortable this week?
- Who do you feel most comfortable talking to at school?
- What's something you worked hard on recently?
- How do you usually calm yourself down when upset?
- Is there anything you wish adults understood better about kids your age?





Iris Tang
FOUNDATION

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(Ages 13-17)



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Brighter future tomorrow.



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SECTION E: WARNING SIGNS (Ages 13-17)

KEY PATTERN

Teen emotional struggles often appear through a combination of:

- emotions
- behavior
- school performance
- friendships and relationships
- sleep and physical symptoms
- changes in motivation or daily functioning



IMPORTANT PRINCIPLE

Look for patterns that are:

- intense
- lasting several weeks
- becoming more frequent
- affecting daily life, school, relationships, or safety

IMPORTANT REMINDER

Teen emotional concerns often show up through behavior, relationships, school performance, and daily habits — not only through words.



PARENT GUIDANCE

Pay attention to:

- sudden personality changes
- prolonged sadness or anxiety
- school avoidance
- ongoing social withdrawal
- major sleep changes
- significant behavior changes
- risky behavior patterns
- statements suggesting hopelessness

Early support and open communication can significantly improve emotional well-being and long-term outcomes.

SIGNS A TEEN MAY NEED EXTRA SUPPORT

- Persistent sadness, anxiety, or hopelessness
- Sudden mood or behavior changes
- Withdrawal from family, friends, or activities
- Trouble sleeping or major changes in sleep patterns
- Declining school performance
- Physical complaints without clear medical causes
- Low self-esteem or negative self-talk
- Increased irritability or anger
- Changes in eating habits or energy levels
- Risk-taking behaviors (substance use, unsafe online activity, impulsive behavior, rule-breaking)
- Excessive screen use or social media dependence
- Talk of self-harm or hopelessness (Always take seriously)

SECTION F: WHAT PARENTS CAN DO



Listen without immediately judging, lecturing, or solving

Teens are more likely to open up when they feel heard instead of immediately corrected.



Stay calm during emotional conversations

Strong emotions often require calm support rather than immediate solutions.



Validate feelings, even when setting limits

Instead of:

✗ "You're overreacting."

Try:

- ✓ "I understand this feels really hard."
- ✓ "Your feelings make sense."
- ✓ "We can figure this out together."



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Examples:

- ✓ "I noticed how hard you worked on that."
- ✓ "You kept trying even when it was difficult."
- ✓ "I'm proud of your responsibility."
- ✓ "You handled that challenge with courage."



HELPFUL REMINDER

Connection first. Guidance second. Teenagers still need support even when they appear independent.



SECTION G: RESOURCES IN WASHINGTON STATE (Ages 13-17)



Kids Mental Health Washington

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SECTION A: Best Practices for Connection

Respectful Communication

Listening without immediate judgment or criticism helps teenagers feel respected, valued, and more willing to open up.



Supporting Independence

Allowing teens to make appropriate decisions and learn from experiences helps develop maturity, confidence, and responsibility.



Emotional Availability

Creating a safe environment where teens can discuss emotions, stress, identity, relationships, and challenges strengthens trust and connection.



Encouraging Healthy Balance

Supporting healthy routines involving sleep, school, social life, exercise, and screen time promotes emotional and mental well-being.

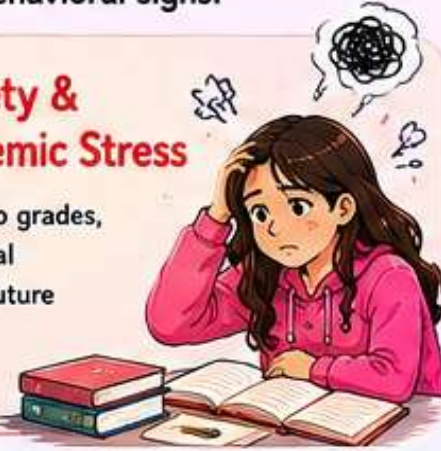


SECTION B: My Teen's Emotional Health

Common emotional challenges and behavioral signs:

Anxiety & Academic Stress

Pressure related to grades, college prep, social expectations, or future uncertainty.



Social Withdrawal

Avoiding family interactions, isolating from friends, or losing interest in previously enjoyed activities.



Mood Changes

Increased irritability, emotional sensitivity, sadness, or rapid shifts in mood.



Self-Esteem & Identity Challenges

Struggles with self-image, confidence, social comparison, or questions about identity and belonging.



SECTION C: Top Challenges

Peer Pressure & Social Relationships

Navigating friendships, romantic relationships, social acceptance, and increasing peer influence.



Emotional Regulation & Mental Health

Managing stress, disappointment, anxiety, and strong emotions.



Academic & Future Pressure

Concerns about school performance, extracurriculars, college admissions, and future plans.



Technology & Social Media

Social media, online comparison, cyberbullying, and excessive screen time can affect self-esteem, sleep, and emotional health.



Sleep & Burnout

Busy schedules, demands, and screens may lead to sleep deprivation, exhaustion, and emotional burnout.



Identity & Self-Discovery

Exploring identity, values, interests, beliefs, and future goals. Acceptance and support build confidence and security.



Family Conflict & Communication

Greater independence can lead to misunderstandings and conflicts. Respectful talk and clear boundaries help.



Risk-Taking Behaviors

Curiosity, peer influence, and stress may lead to substance use, unsafe online activity, or impulsive choices.



Coping with Failure & Rejection

Setbacks, friendship changes, or rejection can hurt self-esteem. Resilience and coping skills help teens bounce back.



Preparing for Adulthood

College, careers, finances, independence, and future responsibilities can create uncertainty and emotional pressure.



SECTION D: Activities & Suggestions

Activity Ideas

Peer Pressure & Relationships

Practice discussing real-life scenarios involving peer pressure, online behavior, boundaries, and decision-making.



Stress Management

Encourage activities such as exercise, journaling, music, creative hobbies, mindfulness, or time outdoors to support emotional regulation.



? Questions Parents Can Ask

What has been the most stressful part of your week lately?

Is there anything you feel adults often misunderstand about teenagers?

What helps you feel supported when things are difficult?

Are there situations at school or online that make you uncomfortable?

What are you most excited or worried about right now?

Who do you feel comfortable talking to when you're stressed?

